


Art Journal



A 30-Day Guided Journal



Hybrid

Created with LoomJournals

How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Record the medium and technique you used for each session
 - Note how long you spent creating and rate your satisfaction
 - Reflect on what you made — describe colors, composition, and your creative process
 - Write down what you learned and any ideas for future pieces
 - Don't judge your work — focus on the process, not perfection



Scan for a detailed guide on how to use this journal

Date: _____

Medium used: _____

Technique: _____

Time spent: _____

Satisfaction (1-10): 1 2 3 4 5 6 7 8 9 10



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